The Evolution of Training

User's Manual

*** ***Attitube - Original*** Edition ***

Please read and follow the instructions
In this *User Manual* before using
Your Attitube®.

www.ATTITUBE.ca

"Balancing Passion through Innovation"

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Warning: Always consult a physician before starting this or any other exercise program.

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****Note:** This Owner's Manual is the authoritative source of information about the Attitube. Please read it carefully and follow all instructions.

**********INTRODUCTION**********

Congratulations on your purchase of the Attitube - Original. By purchasing this exercise device you have made a commitment to improve your overall health and fitness level.

The Attitube is the Evolution of Training. The Attitube uses water motion as resistance which causes a state of imbalance to the body. The body has to use Corrective Contractions™ in order to stabilize the body and remain in proper form. This is effective in toning and conditioning the body from the top-down. Most "functional" movements in sport and life are done on stable surfaces. Evolution Training (with your Attitube) is the MOST effective method to improve overall physical function, core strength, joint stability, balance and stabilizer endurance.

The Attitube trains the body as it was meant to be used; as a whole. By working the body as a whole you will burn more calories. More importantly you tone and strengthen that all important CORE. You will look and feel better as you become more fit.

"You have to prove you're alive."

The Attitube is fun and easy to use, no matter your current fitness level. Evolution Training is designed to start with easy (basic=traditional) exercises and progress to more advanced exercises as fitness level improves. You will never be bored with the Attitube. When you multiply the number of exercises by the varying water levels, the variety is endless!

We are so excited to be sharing this Evolution with you. We encourage you to share your success story with us, YOUR EVOLUTION! Please feel free to contact us anytime. We want you to reach your peak and maintain vibrant health. Change your Attitube about fitness! Start NOW!

BalanceModus Inc.,
Producers of the Attitube
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----------A MESSAGE FROM THE INVENTOR----------

Over the years new technology has forced humans to adapt to its new surroundings. In the health and fitness industry, have the principles of nature changed that much over the last thousands of years? Do we really NEED technology or can we just go back to the simple ways of preserving health? Eating and sleeping right, breathing properly, movement and exercise, good quality water, alone time for self as well as social time. These are the foundations of life. Harder to achieve in today's lifestyle? Maybe. Depending on how you prioritize your life. So through all the abundance of information that we have to filter through in this "information age" I have come to realize that 1 principle always sticks….BALANCE.

Working with the Attitube has shown me how hard it is to keep Balance in life. Yet the more I struggled with the Attitube the harder it was to keep it balanced. The less water in the Attitube (the less things n your plate in life) the easier it was to perform. The more water in the Attitube (the more things on your plate in life) the harder it was to balance. Thus, the more water weight, the more strength and energy I needed to perform properly and consciously. I got tired easier and faster, although I did get stronger and I adapted. This happens to a point. When the Attitube is full it might be easier to balance because there is no water movement but the Attitube will be heavier and you can't maintain this grip long, eventually you have to let go.

What does this have to do with a piece of exercise equipment? If we live in such a fast-paced world where we can't spend the time to look at our own lives and be aware of our "being", then maybe we can stop and look at the "signs" (such as the Attitube) to show us the chaotic nature of life and our struggle to bring it into balance.

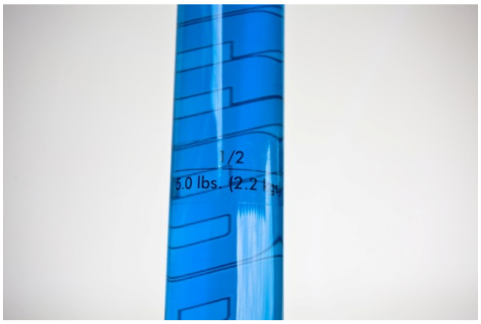
Please enjoy using the Attitube to achieve your goals. This is my contribution.

Godspeed.

Find your Balance.

Larry Brun
Inventor of the Attitube

SPECIFICATIONS & PARTS



Attitube	- Transparent for viewing of water. - Made of Polycarbonate (Lexan)
Threaded end cap	- For easy filling and emptying
Water markers	- For static water weight - Note: Water weight changes during use based on principles of fluid mechanics.
Comes with:	- Hex key (for opening and closing the end cap) - Trial Card which contains Access Code for Warranty Registration and Free 1 Month Trial to Exercise Library on www.Attitube.ca

CARE & STORAGE

The Attitube™ can be stored in both the horizontal and vertical positions. If the Attitube is stored in the vertical position it must be secured, such as with the Attitube Performance Rack (sold separately). In the vertical position make sure the filling hole is at the top.

It is always recommended to empty the contents of the Attitube and dry it before storing. The Attitube must be rinsed and cleaned with soap and water once a month to ensure a minimum existence of harmful bacteria. Some evaporation may occur.

Please do not leave the Attitube stationary for long periods of time. This may cause residue stains inside. Please make sure to move the Attitube periodically. When not in use, please empty the contents, rinse/wash inside, dry and store.

IMPORTANT USAGE INSTRUCTIONS:

DO NOT:

- Over-tighten, under-tighten the end-cap.
- Lean on the Attitube or try to bend it.
- Throw/drop or use the Attitube as a weapon.
- Use any other contents in the Attitube other then tap or distilled water.
- Use the Attitube as a toy.
- Use the Attitube for anything other than its intended purpose as stated in the manual, DVD or accompanying copy-written literature.
- * The 1 Year Warranty does not merit any of the above conditions.

Precaution:

- Adding color to the water is used for media purposes only.
- Adding color is not advised.
- Adding color is useful in giving visual feedback during an exercise.
- If using color, make sure it is of the food-grade.

WARNING: This exercise device is for adult use only. Any usage by the under-aged is the sole responsibility of the user.

IMPORTANT SAFETY TIPS

Attitube Usage and Safety Precautions

Safety Precautions:

1. Consult your physician before starting any exercise program.
2. Please consult with a Certified Physical Therapist (or similar profession) if there are any previous or existing injuries or orthopedic concerns.
3. Start with low levels of water and work your way up.
4. Wear appropriate footwear. Although Attitube training can be performed barefoot for maximum effectiveness, footwear is recommended.
5. If you feel dizzy or light-headed while exercising, stop immediately and gently put down the Attitube. Rest or consult a health professional.
6. Do not over exert yourself. Progress slowly. Ask an expert (ATS) for advice.
7. Follow the exercise techniques in the manual for best results.

Warning: Serious injury can result if this product is not used for its intended purpose or if warnings and instructions in the User manual and/or video are not understood, read or are ignored.

Warning: Some exercises, training programs or equipment may not be appropriate for all individuals. If you have balance impairments, vertigo or any other condition which may be exasperated with using this product and/or exercising, please consult your physician first.

GETTING STARTED & FILLING YOUR ATTITUBE

Getting Started

Create an area – find a space where you can perform your Evolution Training without running into objects or people. Average Recommended space = 10 x 15 square feet (depending on height of user). The taller the user, the more space required.

Check the area – Make sure the area is a non-traffic zone to ensure someone doesn't walk into your exercise area.

Clear the area – If there are any objects in the area, please move them if possible.

Clean the area – Make sure the floor is non-slip to ensure adequate footing. Keep a towel nearby to dry the floor and/or Attitube from body sweat.

Filling Your Attitube

Please use water only. The Attitube is not guaranteed with other liquids or contents.

Options:

1. Water Pitcher
2. Hose/Sink/Wash Tub
3. Shower

Note: It is recommended that you have assorted Attitube- Originals for group fitness classes with varying fitness levels. Therefore, fill the Attitubes to ¼ , ½ and ¾ to accommodate individual differences.

Emptying Your Attitube

Removing water from the Attitube is simple. Find a sink, shower, drain or laundry tub. Open the Attitube and empty the water out. Shake the Attitube to allow air to enter and water to escape. Dry off residual water and threaded opening. Replace end cap.

DETERMINING WATER WEIGHT

Due to the additional balance and stability demands placed on the body by the water motion (active fluid resistance), you will not be able to use the same amount of weight with the Attitube as you would with a barbell. Using a static weight such as a barbell or dumbbell is completely different then using an active weight. It is mistakable to compare the two. If you perform a 100 pound barbell squat, please do not try a 100 pound Attitube squat.

This may look like you are sacrificing strength gains by using less weight but the increase in strength is actually more highly transferable due to increased stability gains.

- The Attitube is most effective when the water is between ½ to ¾ filled.
- Use less water for "cardio" or group fitness classes. This is due to the impact resistance of the water (speed) and stabilizer endurance.
- More water can be used for resistance training exercises.
- Speed of movement will determine workout intensity. The faster you move the more demand is placed on the body.
- Using less water with faster movements can be more demanding than more water with slower movements. Use your best judgment.
- Even advanced group fitness instructors/participants will find that a small amount of water is effective when performing a "cardio-class" workout.
- It is found that the small stabilizers of the shoulder will fatigue before the bigger stabilizers of the legs. It is for this reason that the water level accommodates the shoulder stabilizers and not the leg stabilizers in order to complete a class.
- It's not the movement that fatigues the stabilizers but the water motion and water level used.
- Start with the Attitube ¼ full or less and see how the body responds. This will differ among individual fitness levels
- Increase the water level slowly and gradually.
- Make sure muscle soreness is gone before another Attitube training session to allow for recovery.
- Filling the Attitube to maximum will cause it to act like a solid implement which will negate the benefits of active fluid resistance training.

NOTE: In order to ensure perfect exercise technique/form please consult an ATTITUBE Training Specialist (ATS), Certified Strength & Conditioning Coach (C.S.C.S.), CHEK Practitioner or Physical Therapist.

Static Water Levels

NOTE: All weights listed are static measurements. The weights listed do not take into account fluid dynamics, which will increase in nature depending on difficulty of exercise, position of Attitube and speed of movement.

1. **Attitube - Original**

- Full = 7.5 lbs. (3.4 kg)
- ¾ Full = 6.0 lbs. (2.8 kg)
- ½ Full = 5.0 lbs. (2.2 kg)
- ¼ Full = 3.5 lbs (1.6 kg)
- Empty = 2.2 lbs. (1.0 kg)

EVOLUTION TRAINING
WITH THE ATTITUBE

Pre-requisites

Prior to starting your Evolution Training it is recommended that you can perform the Primal Pattern™ exercise movements (see next page) with your bodyweight for up to 20 repetitions with perfect form before using the Attitube™. It is recommended that the body has minimal muscle imbalances and optimal structural alignment because the Attitube™ will challenge the stabilizer muscles of the body as well as joint integrity. If you have pain during exercise, please see a qualified health care professional. (See NOTE below)

FORM Principle:
- Performing an exercise with primary importance being optimal joint/body alignment with the goal of seeking a desired movement pattern. Secondary importance being the number of reps performed.
- If an exercise/movement pattern execution is not the same as the intended movement goal then immediately stop the exercise due to increased incidence of injury as well as improper movement pattern sequencing in the brain.

"Perfect practice makes perfect"

Timed Sets:

If training a specific energy system is the goal, then Timed Sets may be the program design variable needed for adaptation.

Use the Timed Sets Guidelines here to reach specific goals:

System	Timed Sets
ATP-CP (Alactic) System:	0 – 15 secs.
Glycolytic (Lactate) System:	15 – 90 secs.
Aerobic System:	> 90 secs.

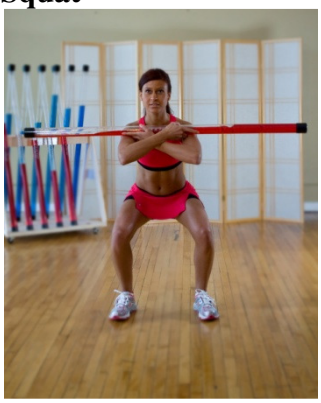
EVOLUTION TRAINING

Foundational Movements

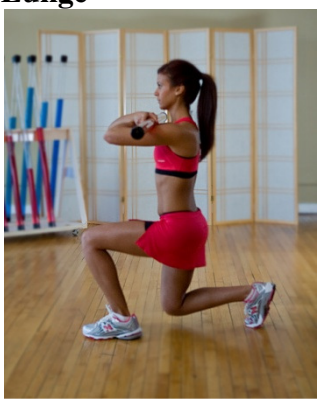
The user should be able to perform the following movements with their own bodyweight (relative strength) before using the Attitube.

It is also suggested that the user have a training age of 1-2 years but also able to perform the following Primal Patterns™ with proper form before attempting to incorporate the Attitube in their training program. This is recommended because a certain minimum of stabilizer strength and endurance is required for the demanding nature of Evolution Training with an Attitube. A failure to acquire such a foundation may lead to injury (via poor form) and early drop out rate.

Squat

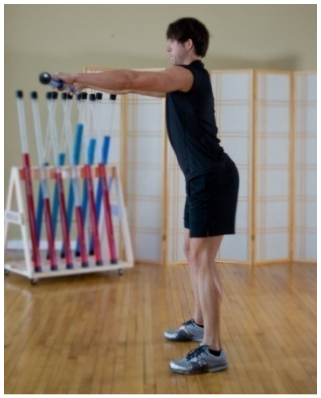


Lunge

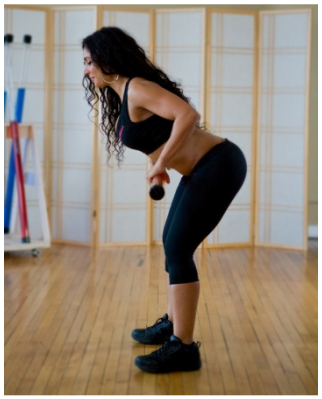


Bend

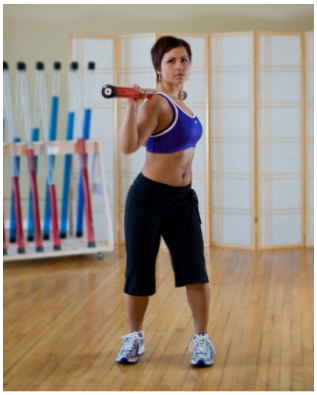
Push



Pull



Twist



Also,

Walk, Jog, Run **1 Legged Balance**

EVOLUTION TRAINING

WARMING UP

Warming up is necessary for all exercise. Please perform a proper warm-up before Attitube Training.

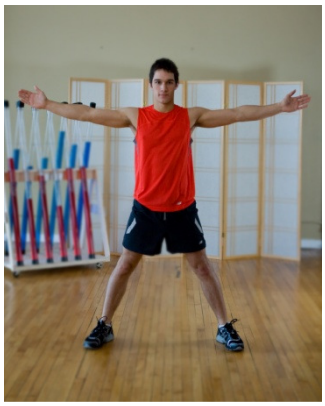
Warming up is important:

- To increase the body temperature for more efficient movement
- To increase heart rate in order to prepare for exercise
- To warm the muscles to prevent injuries and increase flexibility
- To ready the nervous system to prepare for work

Here is a general warm-up before Attitube Training (some exercises shown below):

1. March on the spot 1 min.
2. Jog on the spot 1 mins.
3. Jumping Jacks 8-10 reps
4. Crossover Jack 8-10 reps
5. Big Star Jacks 8-10 reps
6. Prisoner Squats 8-10 reps
7. Side Bends 8-10/side
8. Shoulder Circles 8-10 reps
9. Torso twists 8-10 reps/side
10. Stationary high knee march 8-10 reps

Prisoner Squat


Big Star Jacks

Crossover Jacks

A proper warm up will start the sweating process. When you start to sweat it's time to start your workout!

EVOLUTION TRAINING

Things to include:

EVOLUTION TRAINING with an ATTITUBE

- **Phases of Exercises increase with difficulty. (1=Challenge, 4=Most Challenging)**
- **Start with Phase 1 Exercises and progress with caution.**
- **Using a mirror is advantageous for visual feedback but not mandatory.**
- **Speed of movement is moderate, not too fast, not too slow. (Approx. 2 secs./rep.)**
- **Perform a proper warm-up before Evolution Training, preferably dynamic warm-ups.**
- **Always ensure proper posture and biomechanics are used and maintained throughout the exercise. If unsure consult a professional.**
- **Breathe throughout the exercise. Do not hold your breath for long periods.**
- **Focus on Quality of movement rather than quantity (# of reps). Use the FORM Principle (if the form starts to deteriorate stop the exercise).**
- **Perform between 10-15 reps per exercise, monitoring technique via FORM Principle.**
- **Progressions: Week 1: 2 set, Week 2: 3 sets, Week 3: 4 sets, Week 4: 2 sets. This allows for motor learning, improving, excelling, then an active recovery week.**
- **Water level (intensity) is determined by form and reps. Must be able to do reps with proper form before adding more water to an exercise.**
- **Physical Goal is the adaptable objective sought by the exercise.**
- **Attitube Goal is the desired position of the Attitube sought during the exercise to maximize technique and benefits.**
- **Exercises can be progressed by changing speed of movement, water level or advancing to the next Phase.**
- **Make sure to perform a proper warm-up and cool-down for at least 5 mins.**
- **Consult the Attitube Training Manual for full instruction of exercises, progressions, education and implementation of the new age of full body core conditioning!**
- **Consult an Attitube Training Specialist (ATS) in your area.**
- **For more education on using the Attitube, try the ATS Certification Course and become one of the first to be certified!**

Warning: Do not use this product without a complete understanding of its intended purpose or function. By using this product the user accepts full responsibility for all risks and/or injuries and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this product. This product must be used on a flat dry surface and a safe clear area. Children must not play with this equipment. Consult a physician before starting this or any exercise program.

EVOLUTION TRAINING

Back Squat — Phase 1

Figure 1.1

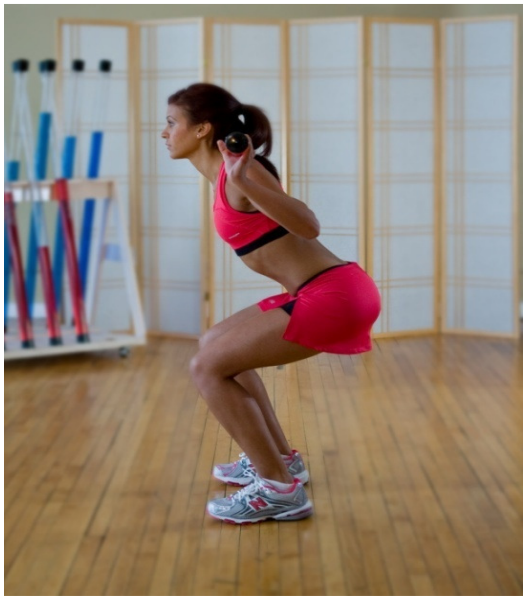


Figure 1.2

PHYSICAL GOAL: Lower Body Strength & Core Stability, Static Upper Body Posture; Frontal/Sagittal Plane Stability

ATTITUBE GOAL: Keep Attitube level

PRIME MOVERS: Quadriceps, Hamstrings, Gluteus Maximus, Gastroc.

STABILIZERS: Abductors (Glut. Med/Min.), Adductors (as a group). Lateral stabilizers in lower leg (peroneals). Stabilizers of the shoulder (rhomboids, rotator cuff). Core stabilizers (TVA, EO/IO, QL, multifidus), spinal erectors, Grip strength.

SETUP & ALIGNMENT: Start with Attitube on back. Pinch shoulder blades to create a shelf for the tube. Center the tube and adjust grip for comfort. Feet approx. shoulder width apart. Inhale to brace core in before moving.

PERFORMING THE EXERCISE: Keeping natural lumbar curve (skin pinch), initiate drop from the hips as if sitting in a chair. Keep chest, head and eyes up. Full range of motion is as far down as possible keeping form. Heels stay on ground. Knees track over feet. Lower under control to bottom (thighs parallel to floor) then return to starting position.

SAFETY CONSIDERATIONS:

- Prevent excessive forward leaning from the low back.
- Maintain proper knee alignment over feet.

VARIATIONS AND COMMENTS: A natural pointing out of the toes can occur up to 10-15°.

Performance Analysis

Strength:	**
Balance:	*
Stabilizer Endurance:	*
Core Demand:	**
Overall Rating:	*

EVOLUTION TRAINING

Stationary Split Squat – Front Position — Phase 1

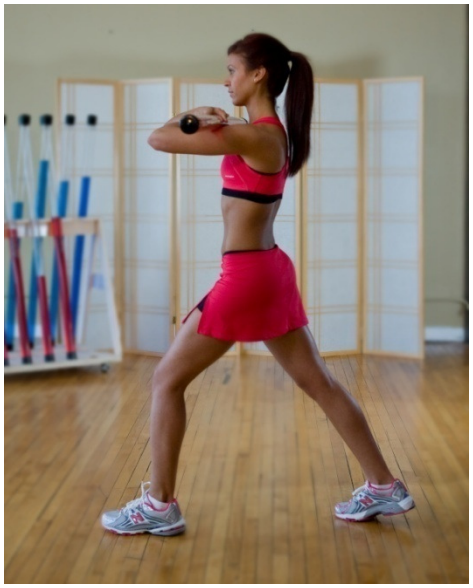


Figure 2.1

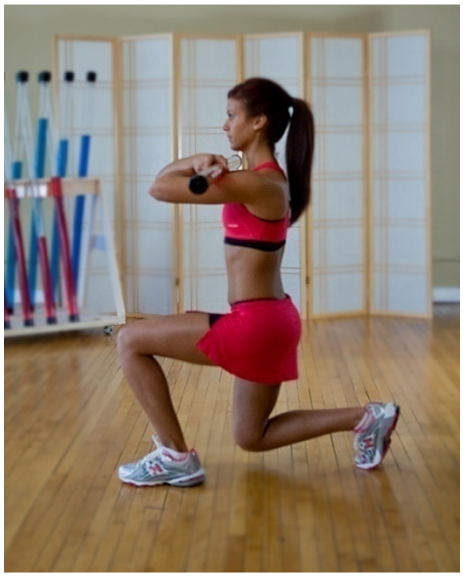


Figure 2.2

GOAL: Functional leg strength. Hip/core stability. Dynamic posture. Dynamic balance.

PRIME MOVERS: Quadriceps, Hamstrings, Gluteus Maximus.

STABILIZERS: Hip stabilizers (Glut. Med/Min.), Adductors (as a group), Lateral stabilizers in lower leg (peroneals). Stabilizers of the shoulder (rotator cuff). Core stabilizers (TVA, EO/IO, QL, multifidus), spinal erectors.

SETUP & ALIGNMENT: Start with Attitube cradled in the elbows in the front squat position. Center the tube and adjust grip for comfort. Inhale and brace core before moving. Maintain postural curves. With a staggered stance put the bodyweight on the ball of the back foot and the whole lead foot. Front toes point forward.

PERFORMING THE EXERCISE: Keep the torso erect and sit into the forward leg by bending both knees. Keep forward shin as perpendicular to the floor as possible. Lower so back knee is 1-2" from floor. Return to start position by pushing feet into floor. Keep the torso upright.

SAFETY CONSIDERATIONS:

- Maintain proper knee alignment.

VARIATIONS AND COMMENTS:

- Vary position (overhead or back position).
- Progress to dynamic lunges.

Performance Analysis

Strength:	**
Balance:	**
Stabilizer Endurance:	**
Core Demand:	**
Overall Rating:	**

EVOLUTION TRAINING

Standing Overhead Shoulder Presses — Phase 1

Figure 3.1

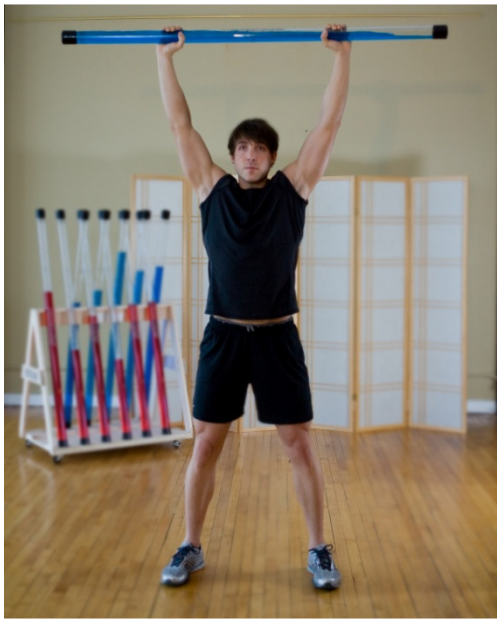


Figure 3.2

GOAL: Overhead strength. Low back and core stability.

PRIME MOVERS: Deltoids. Triceps. Trapezius.

STABILIZERS: Abductors (Glut. Med/Min.), Adductors (as a group). Lateral stabilizers in lower leg (peroneals). Stabilizers of the shoulder (serratus anterior). Core stabilizers (TVA, EO/IO, QL, multifidus). Spinal Erectors. Grip strength. Latissimus.

SETUP & ALIGNMENT: Start with Attitube in front of sternum. Adjust grip for comfort. Align handles with tops of shoulders. Feet approx shoulder width apart. Exhale as you push up. Knees slightly unlocked but firm.

PERFORMING THE EXERCISE: Press the Attitube overhead. Finish the movement above the crown of the head. Do not hyperextend the elbows or "lock out". Lower under control to the staring position. Keep forearms vertical to the earth as best as possible.

SAFETY CONSIDERATIONS: Do not arch/hyperextend low back to raise tube. Keep core tight, posture erect and maintain a slight forward lean.

VARIATIONS AND COMMENTS:

- Perform on 1 leg or unstable platform for increased stability demands.

Performance Analysis

Strength:	*
Balance:	*
Stabilizer Endurance:	*
Core Demand:	*
Overall Rating:	*

EVOLUTION TRAINING

Lateral Lunge — Phase 2

Figure 4.1

Figure 4.2

GOAL: Lateral Strength & Stability. Lateral core & hip stability. Dynamic flexibility.

PRIME MOVERS: Abductors, adductors. Quadriceps. Hamstrings. Gastroc.

STABILIZERS: Abductors (glut. Med/min.), adductors (as a group), lateral stabilizers in lower leg, stabilizers of the shoulder, core stabilizers (ext/int. obliques, ql), spinal erectors, grip strength.

SETUP & ALIGNMENT: Start with Attitube on back. Center the tube and adjust grip for comfort. Feet together in a tall posture. Pinch shoulder blades to create a shelf for the tube. Inhale and brace core before moving.

PERFORMING THE EXERCISE: Take a step to your right keeping the right foot pointed straight or slightly outward. Drop into the lunge by bending at the knee and hip. Goal is to keep the Attitube level as best as possible. Trail leg is soft with the knee slightly bent. Push into the ground with the right foot to return to the starting position. Repeat on other side.

SAFETY CONSIDERATIONS:

- Prevent excessive forward leaning from the low back. Do not round low/upper back.
- Maintain proper knee alignment.
- Too far a step may prevent returning to starting position with proper form. (FORM Principle)
- Too short a step may negate full benefit.

Performance Analysis

Strength:	**
Balance:	**
Stabilizer Endurance:	**
Core Demand:	**
Overall Rating:	**

EVOLUTION TRAINING

Bent-Over Back Row — Phase 1

Figure 5.1

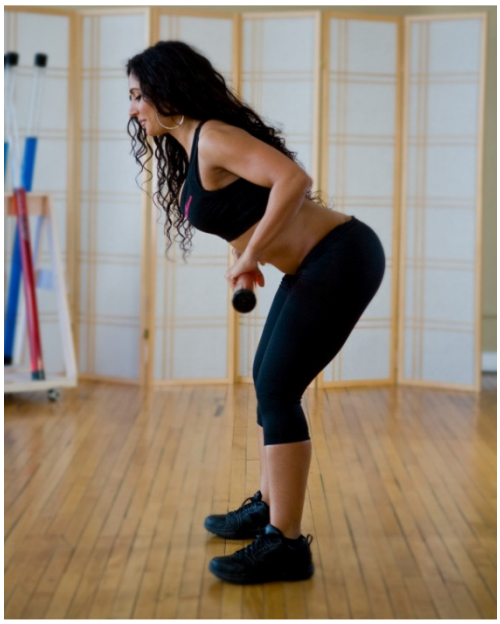


Figure 5.2

PHYSICAL GOAL: Strengthen the upper back, rear shoulder and arm muscles. Pulling Strength. Low back stabilizer endurance.

ATTITUBE GOAL: Keep Attitube level

PRIME MOVERS: Lats, Teres major, Rear Deltoids, Scapula retractors, Biceps and elbow flexors.

STABILIZERS: rhomboids. Spinal Erectors. Glutes, hamstrings, calves (Posterior chain). Rotator cuff. Core stabilizers (TVA, EO/IO, QL, multifidus). Calves. Grip strength.

SETUP & ALIGNMENT: Bend from the hips. Shift hips backwards. Do not lose curve of low back. Knees are bent. Grab Attitube with overhand grip just a little wider then shoulder width. Keep chest out and chin tucked in. Attitube stays over toes.

PERFORMING THE EXERCISE: With the back and arm muscles, pull the Attitube towards the upper abdominals. Pinch the shoulder blades. Return to starting position.

SAFETY CONSIDERATIONS:

- Do not look up. Keep chin tucked to maintain trapezium/neck extensors in proper posture.

VARIATIONS AND COMMENTS:

- Alternate hands for a different effect.

Performance Analysis

Strength:	**
Balance:	*
Stabilizer Endurance:	**
Core Demand:	**
Overall Rating:	**

Standing Side Bends — Phase 1

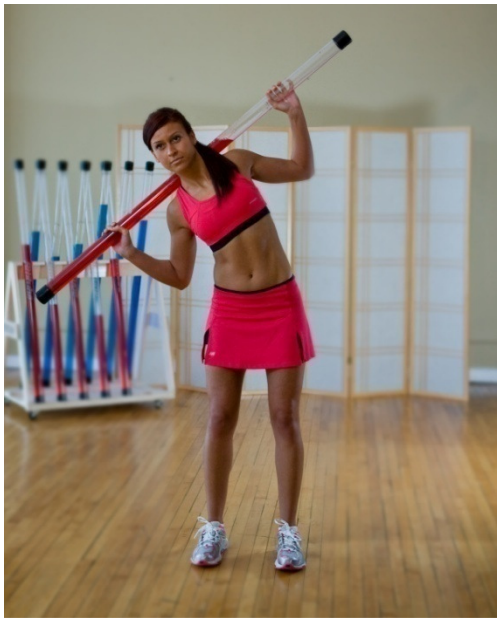


Figure 6.1

Figure 6.2

PHYSICAL GOAL: Toning the side obliques (love handles), Core Strength, Lateral Stability.

ATTITUBE GOAL: Keep Attitube tightly in position. Do not let it slide.

PRIME MOVERS: Internal and External Obliques, Quadratus lumborum.

STABILIZERS: Abductors (Glut. Med/Min.), Lateral stabilizers in lower leg (peroneals). Stabilizers of the shoulder (rotator cuff). Core stabilizers (TVA, EO/IO, QL, multifidus), spinal erectors. Soleus. Grip strength.

SETUP & ALIGNMENT: Start with Attitube on back. Center the tube and adjust grip for comfort. Pinch shoulder blades to create a shelf for the tube. Feet approx. hip width apart

PERFORMING THE EXERCISE: Keep chest, head and eyes up. Imagine like you are side bending between two panes of glass. Don't lean too far forward or backwards. Heels stay on ground. Side bend under control until a stretch is felt. Return to starting position. Repeat to other side.

SAFETY CONSIDERATIONS:

- Do not perform if you have a history of disc pathology.

VARIATIONS AND COMMENTS: A natural pointing out of the toes can occur up to 15°.

Performance Analysis

Strength:	**
Balance:	*
Stabilizer Endurance:	**
Core Demand:	**
Overall Rating:	*

EVOLUTION TRAINING

Standing Twists — Phase 1

Figure 7.1

Figure 7.2

PHYSICAL GOAL: Toning and core strength. Rotational strength.

ATTITUBE GOAL: Keep Attitube level

PRIME MOVERS: Internal and External Obliques. Low back and spinal rotators.

STABILIZERS: Abductors (Glut. Med/Min.), Adductors (as a group). Hip cuff. Deltoids and Rotator Cuff muscles. Core stabilizers (multifidus, TVA). Grip strength.

SETUP & ALIGNMENT: Start with Attitube resting on traps. Center the tube and adjust grip for comfort. Feet approx. shoulder width apart. Pinch shoulder blades to create a shelf for the Attitube. Keep knees slightly bent to unlock the SI joint.

PERFORMING THE EXERCISE: Keeping good posture twist from left to right without stopping in the middle.

SAFETY CONSIDERATIONS:

- Head can stay neutral or turn with movement.
- Keep Attitube dry with Attitube Performance Towel (see website).

VARIATIONS AND COMMENTS:

- Leaning forward slightly from hips will make exercise more effective.
- For increased core demand use faster movements.

Performance Analysis

Strength:	**
Balance:	*
Stabilizer Endurance:	*
Core Demand:	**
Overall Rating:	*

EVOLUTION TRAINING

Good Mornings — Phase 1

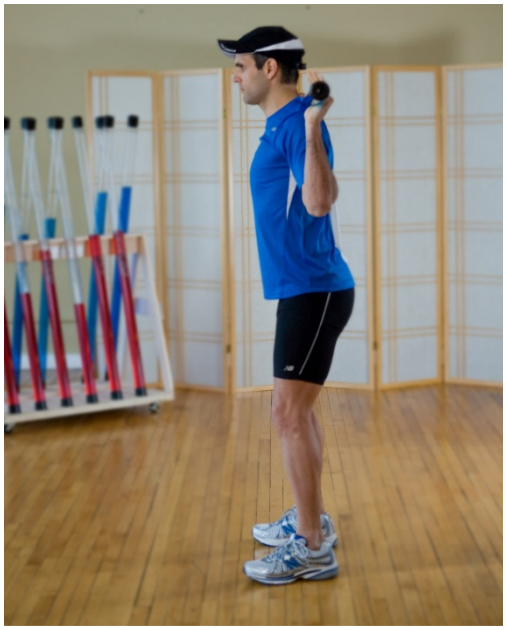


Figure 8.1

Figure 8.2

PHYSICAL GOAL: Conditioning of the low back. Posterior chain strength (hamstrings).

ATTITUBE GOAL: Keep Attitube level

PRIME MOVERS: Low back erectors. QL. Hamstrings. Glutes. Calves.

STABILIZERS: Abductors (Glut. Med/Min.). Stabilizers of the shoulder (rotator cuff). Core stabilizers (TVA, EO/IO, QL). Erectors. Multifidus. Gastroc. Grip strength.

SETUP & ALIGNMENT: Start with Attitube on back (not the neck). Center the tube and adjust grip for comfort. Feet approx. hip width apart. Pinch shoulder blades to create a shelf for the tube.

PERFORMING THE EXERCISE: Keeping natural lumbar curve (skin pinch) initiate forward bend from hip joint. Keep knees slightly bent, not locked or hyperextended. Keep chest up and chin tucked in. You know when you have gone full range of motion because you feel a stretch in the hamstrings (back of legs). Heels stay on ground. Lower under control then return to starting position. Inhale before lowering. Exhale up.

SAFETY CONSIDERATIONS:

- Do not round low back. Keep proper low back curve.

VARIATIONS AND COMMENTS:

- Position Attitube in front for different effect.

Performance Analysis

Strength:	**
Balance:	*
Stabilizer Endurance:	*
Core Demand:	*
Overall Rating:	*

EVOLUTION TRAINING

1 Arm Suitcase Deadlift — Phase 2

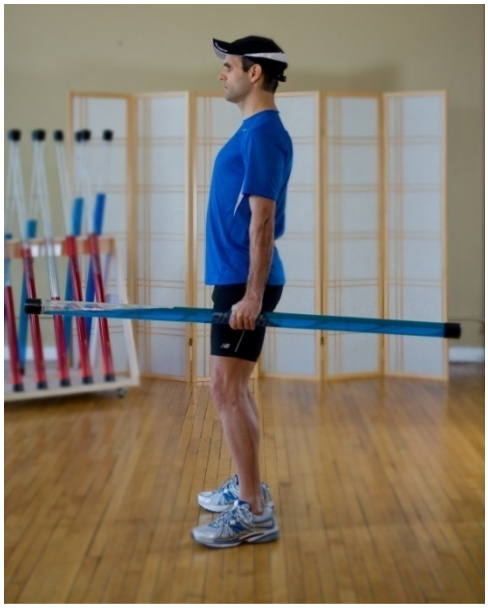


Figure 9.1

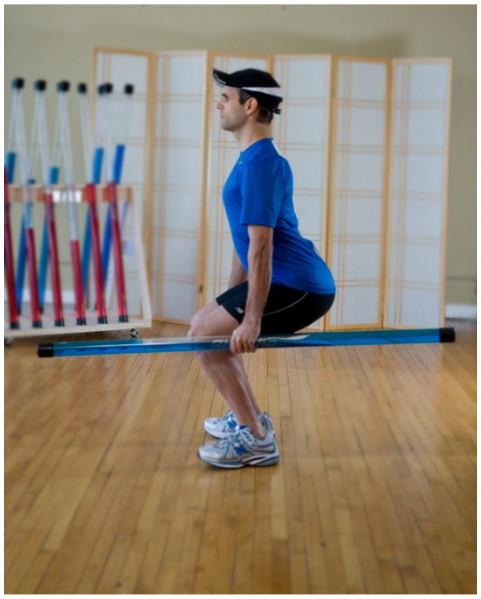


Figure 9.2

PHYSICAL GOAL: Tones Legs, hips and thighs. Lower Body Strength. Core Stability.

ATTITUBE GOAL: Keep Attitube level

PRIME MOVERS: Quadriceps. Hamstrings. Glutes. Calves. Hip flexors. Back Erectors.

STABILIZERS: Forearm and wrist stabilizers. Abductors (Glut. Med/Min.), Adductors (as a group). Anterior stabilizers in lower leg. Stabilizers of the shoulder (rotator cuff). Core stabilizers (TVA, EO/IO, QL, multifidus). Hip Cuff. Grip strength.

SETUP & ALIGNMENT: Start with Attitube in 1 hand. Center the tube and adjust grip. Feet between hip and shoulder width apart.

PERFORMING THE EXERCISE: Imagine picking up a small suitcase by your side. Keeping natural lumbar curve (skin pinch) initiate drop from the hips as if sitting in a chair. Keep chest, head and eyes up. Full range of motion is as far down as possible keeping form. Heels stay on ground. Knees track over feet. Lower under control to bottom then return to starting position. Switch hands.

SAFETY CONSIDERATIONS:

- Prevent excessive forward leaning from the low back.
- Maintain proper knee alignment over feet.

VARIATIONS AND COMMENTS:

- Stay as symmetrical as possible between right and left sides.

Performance Analysis

Strength:	**
Balance:	*
Stabilizer Endurance:	*
Core Demand:	**
Overall Rating:	**

EVOLUTION TRAINING

1 Legged Balance — Phase 1

Figure 10.1

Figure 10.2

GOAL: Static Balance. Core stabilization. Hip/Foot/Ankle stability. Stabilizer endurance.

PRIME STABILIZERS: Hip stabilizers (Glut. Med/Min.), Adductors (as a group), Lateral stabilizers in lower leg (peroneals). Stabilizers of the shoulder (serratus anterior). Core stabilizers (TVA, EO/IO, QL, multifidus), spinal erectors.

SETUP & ALIGNMENT: Start with Attitube at belly button with underhand grip. Adjust grip for comfort. Brace core. Maintain posture.

PERFORMING THE EXERCISE: Keeping the tube level lift the right foot a couple inches. Hold for a designated time. Switch legs. Do not touch Attitube to torso.

SAFETY CONSIDERATIONS:

- Make sure floor is not slippery and area is clear.
- Make sure hands & tube are not slippery.
- Make sure there is no hip pointing.

VARIATIONS AND COMMENTS:

- This exercise can be progressed by changing the tube position from back, front, overhead and bazooka positions.
- The exercise can also be progressed by changing head position or opening/closing the eyes. An unstable platform under foot can be added for maximum stability training.
- The knee can be brought up past the hip for increased difficulty.

Performance Analysis

Strength:	*
Balance:	***
Stabilizer Endurance:	**
Core Demand:	**
Overall Rating:	*

PROGRAM DESIGN: GOALS

Toning:

- Perform exercises in a circuit 3 days a week with a rest day in between.
- Perform 15-30 reps per exercise.
- Go right to the next exercise, no rest. Rest only after each circuit for 2 minutes.
- Repeat circuit 2-4 times.

Endurance:

- Perform Timed Sets of 90 seconds or more per set. Keep moving until time is up.
- Rest 30-60 sec between sets.
- Repeat exercise for 2-3 sets before moving to the next.
- Use a faster tempo.

Strength:

- Use more water weight for strengthening. Recommended ¾ full.
- Perform 8-12 reps per exercise.
- Rest 1 minute between exercises.

WEEK	M	T	W	Th	F	Sa	Su
1	Toning	Rest or Cardio	Toning	Rest or Cardio	Toning	Rest or Cardio	Rest
2	Or						
3	Endurance	Cardio	Endurance	Rest	Endurance	Cardio	Rest
4	Or						
5	Strength	Rest or intervals	Strength	Rest or intervals	Strength	Rest or intervals	Rest
6							
7							
8	Examples above						

Notes: Add more water when you can perform each exercise with perfect form for the highest number of sets and reps. Add 1/8th more water to your Attitube – Original when progressing.

BALANCE OF A HEALTHY LIFESTYLE

Physical – Mental – Emotional – Spiritual (PEMS)

Physical

Movement: Includes Evolution Training but also other forms of movement that provide energy such as yoga, Qi Gong, T'ai Chi and walking in nature.

Water: ½ Bodyweight in ounces/day. Good quality water such as Fiji and Evian. Minimize drinking from plastic containers.

Nutrition: Balanced for your metabolism. Eat right for your Metabolic Type. This answers all questions on nutrition. Visit www.healthexcel.com for more information. Eat only what nature provides. No man-made food.

Sleep: From 10 pm to 6 am for physical and mental recovery.

Mental

Thoughts: "Whether you think you can or you think you can't, you're right."

Replace negative comments with positive ones.

Set SMART Goals. Specific. Measurable. Attainable. Realistic. Timely.

Emotional

Have no emotional attachments to outcomes.

Get rid of the people/situations that drain your energy. Put more energy "givers" in your life.

Decrease stress by:
1. Changing your perception of a situation.
2. Avoiding the situation.
3. Leaving the situation.

Spiritual

Live consciously. Be aware. Read the signs. Take responsibility for yourself.

Breathing. The act of giving and receiving with the Universe. Meditate for 10 deep breaths/day. Time with self.

Get back to nature. Walk barefoot in the grass for 10 minutes a day.

Enjoy the journey.

LOGBOOK

Please use the following logbook for tracking the progress you make with Attitube Training. With proper goal setting and log-booking you can see the progress you make over time.. Please make copies as you need them. Tracking progress is motivating to see what you have done and to chart future goals as well.

Name: _____*John Doe*_____ Date: ____*Jan.1st, 2009*____

Phase: ____*1*_____ Training Objective: ___*Increase Strength*_____

#	Exercise	Rest	Intensity	Reps	Sets
1	*Back Squat*				
2	*Stationary Split Squat*				
3	*Overhead Shoulder Press*				
4	*Lateral Lunges*				
5	*Bent Over Row*				
6	*Stationary Side Bends*				
7	*Standing Twists*				
8	*Good Mornings*				
9	*1 Arm Suitcase Deadlifts*				
10	*1 Legged Balance*				

SLEEP: *Slept 8 hours. In bed at 10 pm. Up at 6am.*

WATER: *Drank (8) 8oz glasses today. Reverse osmosis water.*

NUTRITION: *Ate 5 small meals today. Lots of vegetables. Great energy!*

THOUGHTS: *Replaced negative thoughts with positive ones.*

BREATHING: *Things got rough at work. Took 10 deep breaths and felt better.*

Comments: *Today is a great example of how I want to live my life!*

LOGBOOK

Name: _____ Date: _____

Phase: _____ Training Objective: _____

#	Exercise	Rest	Intensity	Reps	Sets
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Notes:

SLEEP:

WATER:

NUTRITION:

THOUGHTS:

BREATHING:

Comments:

LOGBOOK

Name: _____ Date: _____

Phase: _____ Training Objective: _____

#	Exercise	Rest	Intensity	Reps	Sets
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Notes:

SLEEP:

WATER:

NUTRITION:

THOUGHTS:

BREATHING:

Comments:

WARRANTY INFORMATION &
CONTACTS

PLEASE READ THIS IMPORTANT INFORMATION ABOUT YOUR WARRANTY.

- The Attitube is guaranteed by the manufacturer for a period of 12 months from the purchase date. It is guaranteed not to leak or break when used for its purpose or in accordance with the proper exercise technique described in the User Manual or additional Attitube instructional DVD's or Attitube Training Material. If the Attitube is used for anything other than the purposes listed in Attitube Training literature then the user holds all liability.

- The Attitube is guaranteed for use ONLY with water. Other fluids or fillings are not under warranty and are not recommended.

- Please visit our website www.attitube.ca and click under **Contacts** for **Warranty Information.**

- General & Manufacturing Warranty:

  Contact: customercare@attitube.ca

- Website Registry: Be sure to register your warranty at www.attitube.ca. Use the Access code at the bottom of your Trial Card that came with your Attitube. Only by activating the warranty will your Attitube be accepted under the Warranty Policies of BalanceModus Inc.

Warning: Use of this equipment by persons with heart or other medical problems may cause serious injury. Please consult a physician prior to using this equipment. Immediately cease exercise if you feel dizzy, faint or short of breath. Use of this equipment in a manner other then prescribed in the instructions here may result in serious injury.

Thank you.

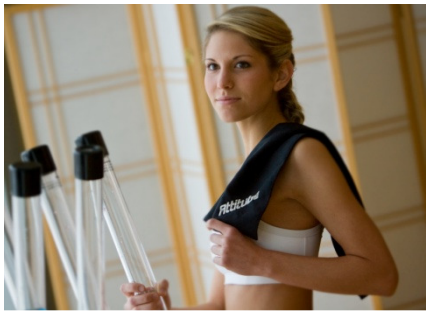
MORE ATTITUBE PRODUCTS

Health Club Special Orders

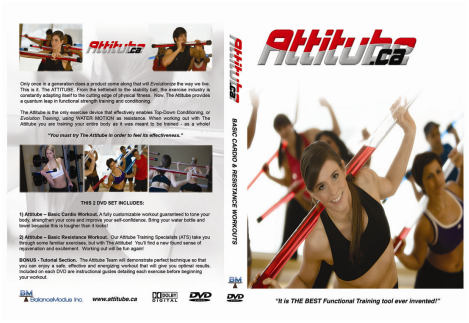
Attitube Workout Wear

Stainless Steel Water Bottles

Performance Towels



DVD's & Certification Courses



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- Access to our exercise video library with endless exercise combinations
- Program Design for custom exercise plans
- Exclusive offers
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For more info on becoming an Attitube Training Specialist (ATS) visit the website for a course in your area.

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Please record the following information and keep for reference:
Trial Card #:_____

Date of Purchase:_____

(You may wish to keep your sales receipt along with this manual.)